

Improve your Focus, and Creativity with 5 easy Doodles



You Deserve Time for Art

There are so many reasons you can give yourself as to WHY you shouldn't doodle but those reasons are NOT true.

You deserve time to do art and your brain loves it!

No Rules – Just Doodle

1. Erase if you must
2. Be willy-nilly, let it all go.
3. Take 3 slow, DEEP BREATHS
4. Then relax, release and let go.

So Many Reasons!

Scientists have studied the effects of drawing, doodling and creating art and their findings support that art is great for brain health! (see source links below)

Did You Know

It has also been discovered that doodlers retain almost 30% more information than people who just take notes!*

DOODLING...

- Improves memory retention
- Helps you focus
- Reduces stress
- Boost creativity

Let's Doodle!

Sources: *Jackie Andrade, School of Psychology, University of Plymouth, Drake Circus, Plymouth, PL4 8AA, Devon, UK.

E-mail: j.andrade@plymouth.ac.uk

<https://www.lifehack.org/517065/spontaneous-doodling-improves-your-focus-and-mental-health>

<https://www.clhgroup.co.uk/news-article/2018/09/28/the-mental-health-impact-of-doodling/377>

We Connect, Engage and Delight Teams with Art!

We Were Not Surprised

(well maybe a little bit)

As an organization, we were not surprised that LinkedIn, Netflix, Disney and the Bill Gates Foundation were the first companies to secure our services to benefit their leadership teams during the pandemic.

Early Adopters Get It

They understand that creating art TOGETHER exponentially increases CONNECTION within a team in a way that only music and being out in nature does.

Art supports creativity and problem-solving, productivity, brain health, reduces stress improves focus, supports memory retention and stimulates endorphins and feel good hormones.

Your Team Deserves Time for Art

We find that the top leaders in innovation are typically the early adopters of employee retention measures that improve company culture.

Improve Company Culture

Art, in so many ways, can be the first path-finding step to improving communication, employee satisfaction, your employer brand and overall company culture within an organization.

We connect, engage and delight teams by sharing our art in a way that benefits the team as a creative whole.

Science supports the idea that art benefits the human condition, reduces stress, stimulates the release of endorphins and stops the release of the stress hormone cortisol.

Schedule an appointment to learn more

calendly.com/studio928 or 312-371-9526

Delight your family, friends and **YOURSELF** with your fabulous drawing skills!



Take your time



Then start again



Breathe



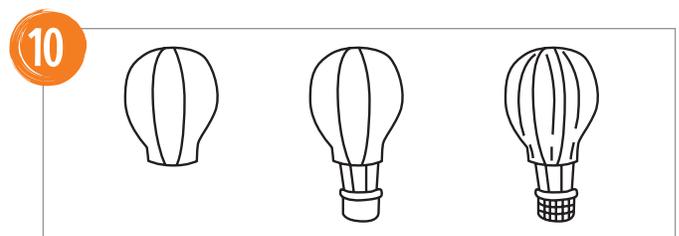
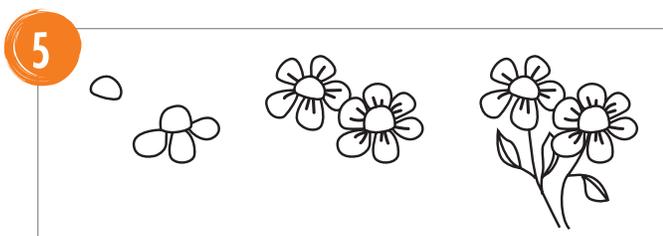
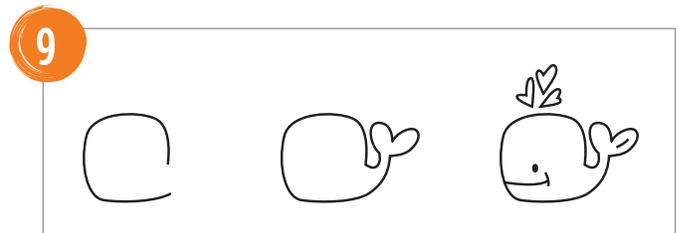
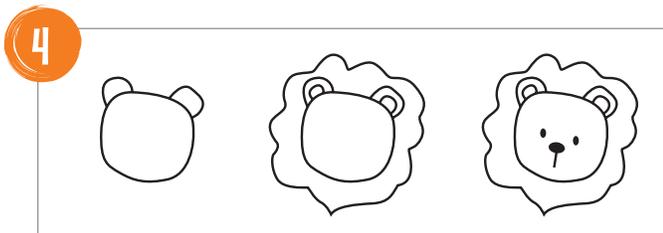
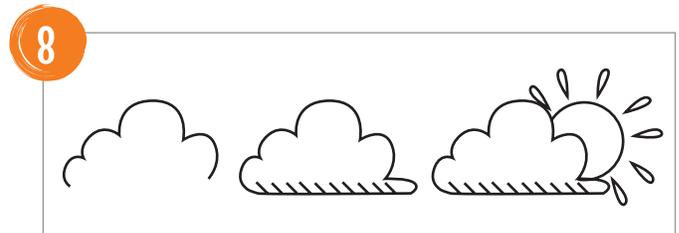
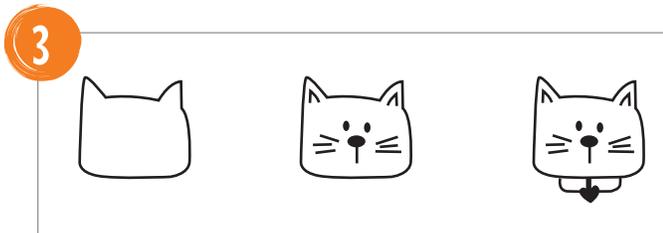
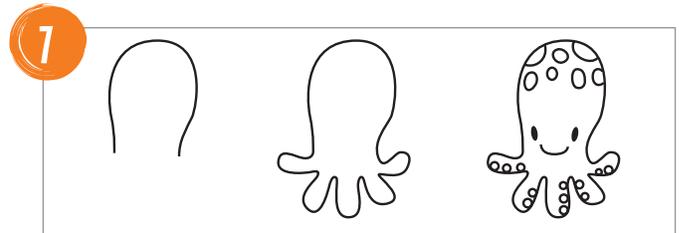
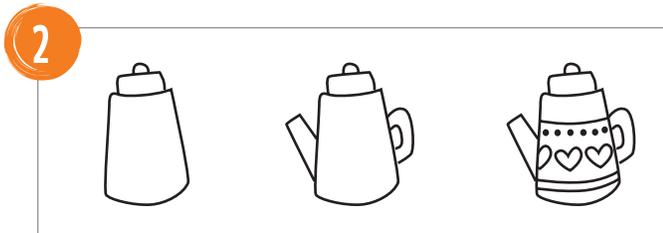
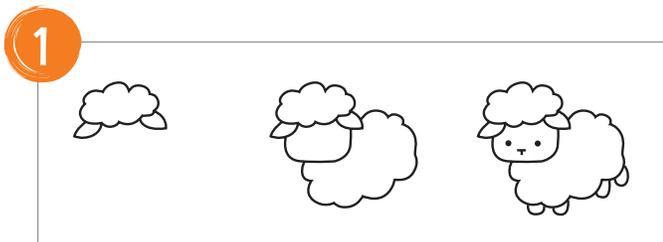
It's ok to trace to get familiar with the shapes



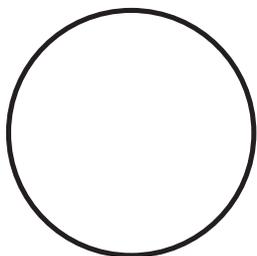
Make LOTS OF MISTAKES



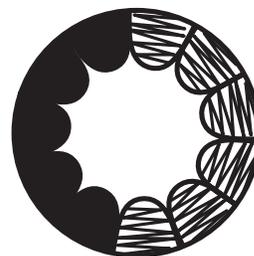
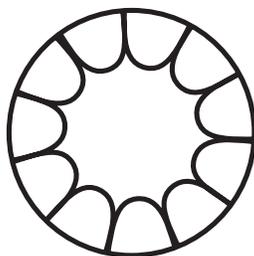
It's good for your brain



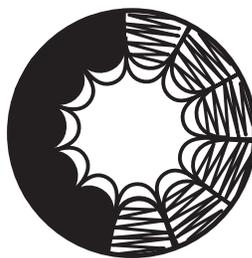
Coollest Doodle Ever



Trace a
Round Object

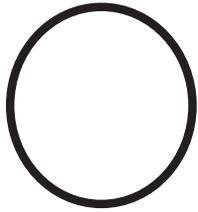


Pen or Marker

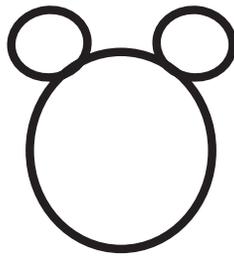


Circles the Teddy Bear

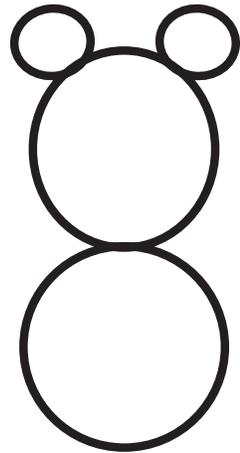
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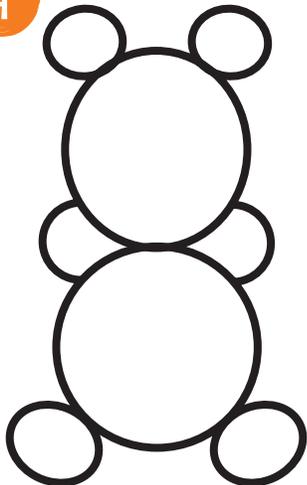
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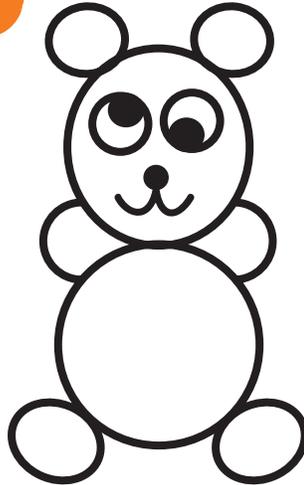
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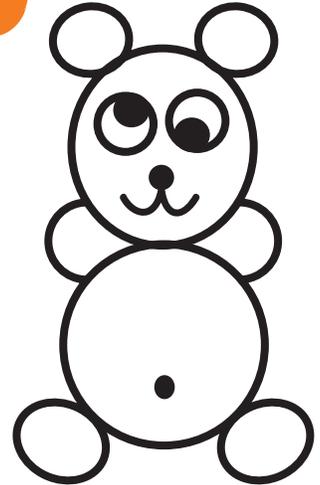
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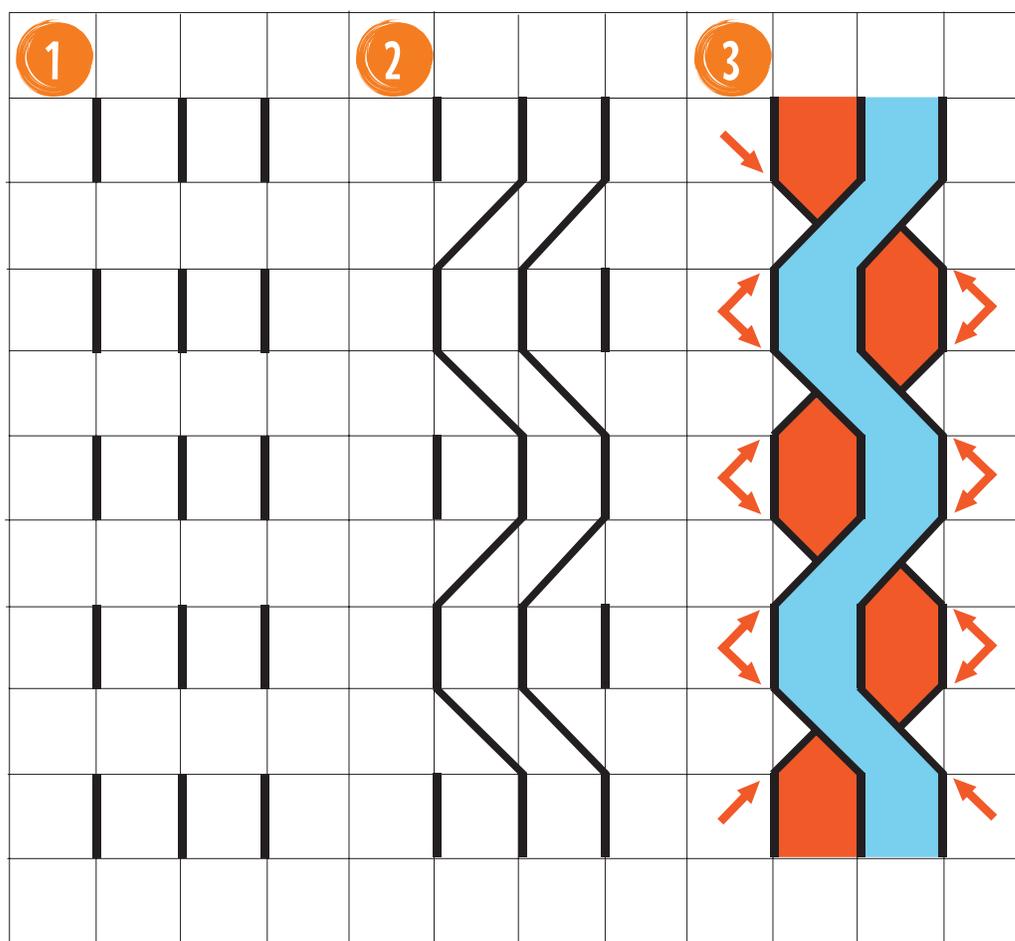
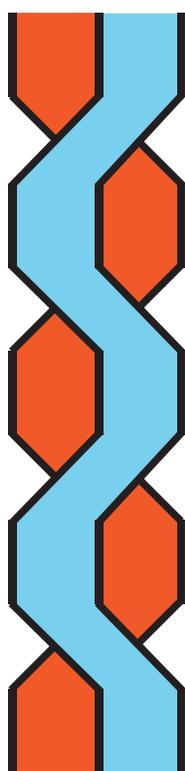
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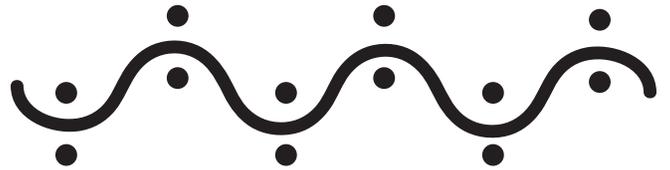
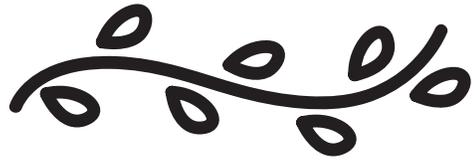
3



Use the grid paper provided and try this!



Patterns



Focus

